

**IN THE CLAIMS**

Please amend the claims as follows:

1. (Previously Presented) An audio interval training device, comprising:
  - a sensing unit to obtain a parameter of a user in physical exercise;
  - a memory to store a plurality of audio signals, each having a predetermined tempo value; and
  - a processing unit configured to (1) receive the parameter from the sensing unit, (2) receive a first and second target parameter value, (3) select a first and second audio signals having a respective tempo corresponding to the first and second target parameter values, (4) rendering the first audio signal to the user at least until the processor determines the parameter has achieved the first parameter value, (5) rendering the second audio signal to the user at least until the processor determines the parameter has achieved the second parameter value, and (6) alternating the rendering of the first and second audio signals according to (4) and (5).
2. (Previously Presented) The audio interval training device as claimed in claim 1, wherein the parameter is a pulse rate.
3. (Previously Presented) The audio interval training device as claimed in claim 1, wherein the parameter is a time-interval.
4. (Previously Presented) The audio interval training device as claimed in claim 1, wherein the tempo is a beat per minute value.
5. (Previously Presented) The audio interval training device as claimed in claim 1, wherein the sensing unit is a heart rate monitor or a timer device.
6. (Previously Presented) The audio interval training device as claimed in claim 5, wherein a respective audio signal is rendered to the user until the user's heart rate reaches the first or

second target heart rate, as determined by the processing unit using a received heart rate from the heart rate monitor.

7. (Previously Presented) The audio interval training device as claimed in claim 1, wherein the sensing unit and the processing unit are connected in a wired or wireless way.

8. (Previously Presented) The audio interval training device as claimed in claim 1, wherein the first and second target parameter value include target parameter value selected by a user or a programmed exercise routine.

9. (Previously Presented) The audio interval training device as claimed in claim 1, wherein the audio signals are annotated with their beat per minute value.

10. (Previously Presented) The audio interval training device as claimed in claim 1, wherein the tempo values of the plurality of audio signal are determined either by the audio interval training device, or by an external device and transferred to the audio interval training device.

11. (Previously Presented) The audio interval training device as claimed in claim 1, wherein the audio signals are encoded in an MP3, WAV, MPEG-4, WMA or AAC format.

12. (Currently Amended) An audio interval training method, comprising steps of:

- receiving a first and second target parameter value;
- receiving a parameter of a user in physical exercise from a sensing unit ;
- selecting a first and second audio signal having respective tempos, corresponding to the first and second target parameter values; and
- alternatively rendering the first audio signal to the user at least until [[the]] a processor determines the parameter has achieved the first parameter value and the second audio signal to the user at least until the processor determines the parameter has achieved the second parameter value.

13. (Previously Presented) The audio interval training method as claimed in claim 12, further comprising the step of, a user, selecting the first and second target parameter value from a group of predetermined target parameter value or a programmed exercise routine that includes the first and second target parameter value.

14. (Previously Presented) The audio interval training method as claimed in claim 12, wherein the audio signals are encoded in an MP3, WAV, MPEG-4 or WMA format.

15. (Previously Presented) The audio interval training method as claimed in claim 12, further comprising the step of, selecting at least one of a further audio signal having respective tempos similar to the first and second audio signals.

16. (Previously Presented) The audio interval training method as claimed in claim 13, further comprising the step of, at a predetermined time, rendering at least one of a further audio signals in place of the first and second audio signals.

17. (Previously Presented) The audio interval training method as claimed in claim 12, wherein the parameter is a pulse rate or a time-interval.